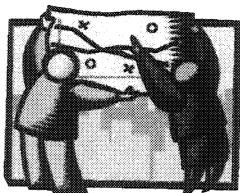
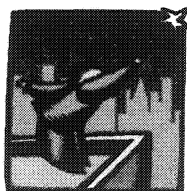


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Resources

Coalition

America School Health Association (ASHA)

7263 State Route 43

PO Box 708

Kent, OH 44240

330-678-1601

www.ashaweb.org

From the Ground Up, A Workbook on Coalition Building and Community Development, 2nd Edition Spring 1997

AHEC/Community Partners

24 South Prospect Street

Amherst, MA 01002

413-253-4283

Generation Fit, Action Packet...Today's Generation Advocating for Good Health

Five health-related community action/service learning projects

American Cancer Society

1599 Clifton Road, NE

Atlanta, GA 30328

1-800-ACS-2345

www.cancer.org

National Association of State Boards of Education (NASBE)

1012 Cameron Street

Alexandria, VA 22314

703-684-4000

www.nasbe.org

National School Boards Association (NSBA)

1680 Duke Street

Alexandria, VA 22314-3493

703-838-6722

www.nsba.org

The National PTA

330 North Wabash Ave., Suite 2100

Chicago, IL 60611-3690

312-670-6782

www.pta.org

Nutrition

American Cancer Society

1599 Clifton Road, NE
Atlanta, GA 30328
1-800-ACS-2345
www.cancer.org

American Dietetic Association

National Center for Nutrition and Dietetics
216 W. Jackson Blvd., Suite 800
Chicago, IL 60606-6995
1-800-745-0775
www.eatright.org

American Heart Association

7272 Greenville Ave.
Dallas, TX 75231-4596
www.americanheart.org

Communicating Food for Health Newsletter

15084 N. 92nd Place
Scottsdale, AZ 85260
602-314-0423
www.foodandhealth.com

Consumer Information Center

Pueblo, CO 81009
719-948-4000
(Call for catalog)

Department of Health and Human Services

<http://www.hhs.gov/families/kids.htm>

A listing of web pages for kids around the Federal Government

Food and Nutrition Information Center

National Agricultural Library
U.S. Department of Agriculture
10301 Baltimore Blvd., Room 304
Beltsville, MD 20705
301-504-5719
www.nal.usda.gov/fnic

Food Guide Pyramid

The famous food pyramid guides kids and adults to wise food choices, with advice on what your body needs each day and how to eat the healthiest diet

<http://www.nal.usda.gov:8001/py/pmap.htm>

Food Guide Pyramid for Young Children

<http://www.usda.gov/cnpp/KidsPyra>

National Cancer Institute

Office of Cancer Communications

Building 31, Room 10A16

31 Center Drive, MSC-2580

Bethesda, MD 20892-2580

1-800-422-6237

www.nci.nih.gov

National Heart, Lung, and Blood Institute (NHLBI)

NHLBI Information Center

PO Box 30105

Bethesda, MD 20824-0105

301-251-1222

www.nhlbi.nih.gov

National Institute of Environmental Health Sciences

<http://www.niehs.nih.gov/kids/home.htm>

A listing of educational and fun kids pages

USDA Center for Nutrition Policy and Promotion

1120 20th Street NW

Suite 200, North Lobby

Washington, DC 20036

202-418-2312

www.usda.gov/fcs/cnpp.htm

Nutrition Curriculum

American Cancer Society

"An Early Start to Good Health" for Grades K-3

"Changing the Course"

1599 Clifton Road, NE

Atlanta, GA 30328

1-800-ACS-2345

www.cancer.org

American Heart Association

"Heart Power" for Grades K-2 and 3-5
7272 Greenville Ave.
Dallas, TX 75231-4596
www.americanheart.org

National Dairy Council

Nutrition education curriculum for grade school and middle school students.
10255 W. Higgins Road, Suite 900, Rosemont, Illinois 60018-5616. Call (847) 803-2000
for a catalog.

National Heart Lung and Blood Institute

*GO FOR HEALTH FIVE curriculum lessons from CATCH (Child and Adolescent Trial
for Cardiovascular Health*
Information Center
P.O. Box 30105
Bethesda, Maryland 20824-0105
(301) 251-1222
FAX (301)251-1223

Produce for Better Health Foundation

www.5aday.com
The 5 A Day goal is to increase consumption of fruits and vegetables to an average of 5
or more servings a day to improve the health of Americans. The website provides
information for creating a healthier America through increased consumption of fruits and
vegetables. The Foundation is a nonprofit organization which, in cooperation with the
National Cancer Institute, sponsors the national 5 A Day-- for Better Health program.

Pyramid Pursuit

Nutrition curriculum for grades K-6. A curriculum that focuses on the Food Guide
Pyramid. It is based on USDA's research on what foods Americans eat, what nutrients
are in these foods, and what foods are needed for a healthy diet. Activities are
participatory and interact with other subject matters. The curriculum was used for the
Kansas LEAN Phase 2 schools. The manual was developed by the National Food
Service Management Institute, the University of Mississippi, P.O. Drawer 188,
University, Mississippi 38677-0188, March 1994. 1-800-321-3054.

Physical Activity

American Council on Exercise

5820 Oberlin Dr. Suite 102
San Diego, CA 92121
www.acefitness.org

American Heart Association

7272 Greenville Ave.

Dallas, TX 75321

www.americanheart.org

Association for Worksite Health Promotion

60 Revere Dr. Suite 500

Northbrook, IL 60062

www.awhp.org

Creative Walking, Inc.

P.O. Box 50296

Clayton, MO 63105

1-800-762-9255

Creative ways to integrate walking and wellness into a school improvement program.

Physical Activity and Health: A Report by the Surgeon General, 1996

Physical Activity and Good Nutrition, Essential Elements for Good Health, 2000

Centers for Disease Control and Prevention: 1996; 4770 Buford Highway NE, Atlanta

GA 30341-3717; Phone 770-488-5820. E-mail <http://www.cdc.gov/nccdphp>

NASPE/AAHPERD/COPEC

AAHPERD is American Alliance for Health, Physical Education,
Recreation and Dance

NASPE is National Association for Sport and Physical Education, a
division of AAHPERD

COPEC is Council on Physical Education for Children, a council under
NASPE

AAHPERD also has a section on Health, Recreation and Leisure that can
be accessed at their website

1900 Association Drive

Reston, VA 22091-1599

1-800-213-7193

www.aahperd.org

Physical Best Activity Guide, Elementary and Secondary Level Guides

American Alliance for Health, Education, Recreation, and Dance

Human Kinetics, 1999, Champaign-Urbana, Illinois <http://www.humankinetics.com/>

Physical Best is a comprehensive health-related fitness education program to be used in conjunction with existing K-12 physical education curriculums. Physical Best moves beyond traditional programs by raising children's awareness of physical fitness, the connection between physical activity, and health-related fitness, and by making physical activity health-related and non-competitive.

The Activity Pyramid

The Institute for Research and Education
Park Nicollet Healthsource
3800 Park Nicollet Boulevard
Minneapolis, MN 55416
1-800-372-776

Like USDA's Food Guide Pyramid, the Activity Pyramid illustrates a "balanced diet" of weekly physical activity and various forms of "traditional" exercise. It helps individuals find ways to add activity to their days and develop lifelong personal habits

FITNESSGRAM

The Cooper Institute for Aerobics Research
12330 Preston Road
Dallas, Texas 75230
1-214-701-8001
www.cooperinst.org
1-214-701-8001

FITNESSGRAM is a test designed to evaluate and education students about the status of their physical fitness. The goal is to recognize students who are physically active and who achieve the Healthy Fitness Zone. The program also includes a ACTIVITYGRAM computer software with a log for daily activity.

National Recreation and Park Association

2775 S. Quincy St., Suite 300
Arlington, VA 22206
www.nrpa.org

SMART MOVES Why Learning is Not All in Your Head,

Hannafor, Carla, Ph.D.

Great Ocean Publishers, Arlington, VA, 1995.

SPARK

5250 Campanile Dr.
San Diego, CA 92182, 1-800-SPARKPE
sparkpe@mail.sdsu.edu

Dick and Jane Approach to Advocacy: Physical Education K-8

Mirror Publishing

PO Box 1708

Emporia, Kansas

Phone 316-341-5946

[Http://academic.emporia.edu/ermlerka/Mirror/Publish/Mirror.htm](http://academic.emporia.edu/ermlerka/Mirror/Publish/Mirror.htm)

A book designed to assist K-8 physical educators with advocacy ideas to promote their Physical Education programs. It offers practical ways to call attention to Physical Education and the benefits these programs provide to children.

School Meals

American School Food Service Association (ASFSA)

1600 Duke St., 7th Floor
Alexandria, VA 22314
1-800-877-8822
www.asfsa.org

National Food Service Management Institute (NFSMI)

The University of Mississippi
PO Drawer 188
University, MS 38677-0188
1-800-321-3054
www.olemiss.edu/depts/nfsmi

USDA Team Nutrition

Child Nutrition Division
3101 Park Center Drive, Room 1010
Alexandria, VA 22302
703-305-1624
www.teamnutrition@usda.gov

Website Information

The following sites are only starting points. There are many more resources on the Internet. Although these sites were all checked, and were appropriate upon posting, Step Up and Step Out cannot take responsibility for any changes.

Food , Nutrition and Physical Activity Websites for Children, Teachers and Parents

Activity Pyramid

http://www.schoolmenu.com/activity_pyramid.htm

From the President's Council on Physical Fitness and Sports, this activity pyramid, modeled after the Food Guide Pyramid, is a very easy to understand picture look at how to be active every day!

BrainPop

<http://brainpop.com>

An fun, educational site for middle school students with short movies including digestion, function of food in the body, and many biology lessons

Benny Goodsport

www.bennygoodsport.com

A fun website with many ideas for activities and games.

Clueless in the Mall

<http://calcium.tamu.edu/>

An interactive site for young teenagers to educate them about the importance of obtaining enough calcium in the diet. Clueless is a virtual scavenger hunt through the mall, looking for calcium clues.

Broccoli Town USA

www.broccoli.com

A website all about broccoli. Take a virtual tour from field to kitchen, enjoy recipes, games, color pages, and chances to win prizes.

Center for Science...Just for Kids

www.cspinet.org/kids/index.html

Join the chow club, have fun in the kitchen, make suggestions for better school lunch.

Chef Combo's Fantastic Adventure

http://www.nutritionexplorations.org/chef_combo.html

The National Dairy Council's sample activities and nutrition in the classroom ideas. Travel with the Chef on his adventures and browse the teacher center.

DJ's Spot's "Tooned In" School Menu

<http://www.schoolmenu.com/menus.htm>

Kids will want to check out DJ's Spotlight on nutrition information, games, and mazes; try to unlock the secret code, learn all about the Food Guide Pyramid, and even take a look at what is on the school lunch menu for your school district this week!

Dole 5 A Day

www.dole5aday.com

Learn about fruits and vegetables and have fun doing so! An educator's link and a just-for-kids link filled with games, activities, and songs. Visit Amber Orange, Bobby Banana, and friends.

Family Food Zone

www.familyfoodzone.com

Open the "refrigerator door" to learn how to make nutrition easy for the family. Shopping tips, kids cooking, Q & A

Fitnesslink

www.fitnesslink.com

This site features stretching and warm-up activities for kids, with easy to follow diagrams.

Gameskids

www.gamekids.com

An international meeting place for kids to learn and exchange non-computer games, activities, and recipes, and then download them, PLAY, and enjoy!

Girl Power-BodyWise

<http://www.health.org/gpower/girlarea/bodywise/>

A part of the national public education campaign sponsored by the U.S. Department of the Health and Human Services to help encourage and motivate 9- to 14- year-old girls to make the most of their lives. Topics include body image, sensible eating and activity.

Kellogg's Nutrition Camp

www.nutritioncamp.com

Aah, a camp without tents and mosquitoes! The perfect camp to learn about nutrition, breakfast basic, and enjoy a learning lab.

Kids Can Make a Difference

www.kids.maine.org

At this site, read about what other kids think about hunger and what they are doing about it.

Kids Cyber Club

www.kidsfood.org

Climb up to the tree house, and enter the door of fun activities, gardening, book ideas, nutrition questions, evaluate your plate, and more!

Kids Health

www.kidshealth.org

A kid friendly site features body function health education, such as demonstrations of how the eye, ear work, and sections with food and fitness ideas, activities, and recipes, with a section for parent tips

Kraft's Interactive Kitchen

www.kraftfoods.com

Recipes, a meal planner, and even a Busy Mom's corner.

National Dairy Council

www.gotmilk.com

Interactive nutrition fun for kids, featuring the "got milk" inline skating team, educational materials for the classroom, and posters promoting milk for the lunchroom

National Pork Producers Council

www.nppc.org

The site contains a section "Nutrition for Kids", containing food-related activities, and interactive games and puzzles

Nutrition Café

www.exhibits.pacsci.org/nutrition

The Pacific Science Center and the Washington State Dairy Council join together to take you to Have a Bite Café, let you become a nutrition sleuth, enjoy great games about healthy eating.

Organ Wise Guys

www.organwiseguys.com

Come meet Hardy Heart, Sir Rebrum, the Kidney Brothers, Kid and Sid, and all their organ friends. A fun, educational message from a group of lovable characters about being smart from the inside out.

Pear Bear

www.usapears.com

Learn about the world of pears with recipes, activities, and lessons for health taught by none other than Pear Bear himself.

Sports Illustrated for Kids

www.sikids.com

This website features games, advice, and information about your favorite athletes!

Wegmans

www.wegmans.com

A New York based supermarket chain creates a helpful site for the family, complete with healthy cooking techniques, and a kids section with food safety ideas, games, food experiments, and color pages

Why Milk?

www.whymilk.aa.psiweb.com

Targeted to kids, this site is all about milk, featuring milk mustache celebrities, club milk, and recipes.

Yahooligans

www.yahooligans.com

A Yahoo site just for the kids that includes a wide range of educational activities for all the core classroom subjects, and includes food fun.

Websites Especially for Teachers and Parents

Cooking with Kids

www.cookingwithkids.com

Tips, recipes, games, and other links to cooking with kid's websites.

Education Place

www.eduplace.com

Houghton Mifflin offers this site with K-8 classroom resources, including nutrition education materials, a links for parents, teachers, and a kids clubhouse.

Family.com

www.family.com

Parents are offered food and nutrition advice along with recipes for the family.

Fridge Fun

www.fridgefun.com

Add silliness to your kitchen's largest appliance with fridge fun magnets, fun gift ideas, and sets just for kids.

Light Cooking

www.lightcooking.com

This site features healthy recipes and ideas and includes a kid's cooking corner.

Nutrition Central

<http://hydra.etl.vt.edu/Nutrition.Central/#>

A site designed for parents and teachers to find nutrition education resources for preschool children.

Teacher Pathfinder

<http://teacherpathfinder.org/index.htm>

A large listing of nutrition resources, lesson plans, and newsletters for teachers

Teachfree

www.teachfree.com

Sponsored by the National Cattlemen's Beef Association, Beef Board and 46 state beef councils. High quality, peer-reviewed PreK-12 supplemental learning classroom kits, free, or very low cost, includes foods, nutrition, food safety, and quantity recipes for schools.

Teachnet

www.teachnet.com

Smart ideas for busy teachers, and a great way to connect with other teachers, exchange ideas on line, and enhance creativity and learning in the classroom.

Tufts Nutrition Navigator

www.navigator.tufts.edu

Tufts University reviews and rates nutrition websites for reliable, accurate nutrition information.

USDA Low Fat Milk Promotion

<http://schoolmeals.nal.usda.gov:8001/Recipes/watkins.pdf>

A USDA letter encouraging school food services to serve and actively promote the consumption of low fat and fat-free milk.

Washington Apple Commission

www.healthychoices.org

Recipes, apple information and Healthy Choices for Kids nutrition and physical activity curriculum, grades 1-5, free.

Wheat Foods Council

www.wheatfoods.org

Fact sheets, a newsletter about foods, nutrition and activity posters, shirts, and more.

Web 66

<http://web66.coled.umn.edu/>

Not only do you get an opportunity to discover schools from all over the world that have websites, but this site offers helpful advice to schools wanting to set-up their own site, find health resources, or link with other schools.

24 Carrot Press

www.nutritionforkids.com

Nutrition education materials that take a positive, fun approach to teaching kids about health issues. This site includes the Feeding Kids Newsletter complete with excellent articles, tips, and recipes.

Miscellaneous Products

Health EDCO

A variety of health education products and publications for all age levels.

P.O. Box 21207, Waco, Texas 76702-1207. Call 1-800-299-3366, Ext. 295 for a catalog.

Nasco Nutrition Teaching Aids

A variety of games and products including Life-form food replicas.

NASCO, 901 Janesville Ave., Fort Atkinson, Wisconsin 53538-0901.

Call 1-800-558-9595 for a catalog.

NCES

Publications, videos, slide programs, and teaching aids among other things, for all ages.
1904 E. 123rd St., Olathe, Kansas 66061. Call 1-800-445-5653 for a catalog.

National Dairy Council

Nutrition education materials for a variety of ages.
10255 W. Higgins Road, Suite 900, Rosemont, Illinois 60018-5616. Call (847) 803-2000 for a catalog.

Toe Tokens

Fitness Finders
Box 160
Spring Arbor, Michigan 49283
Cut little incentives to attach to kid's shoestrings.

Yummy Designs

Large, colorful, fruit and vegetable Mylar balloons among other products for children.
Yummy Designs, P.O. Box 1851, Walla Walla, Washington 99362, 1-888-74-YUMMY.

REMLINE CORP

5 A Day source for materials to purchase, i.e., bookmarks, pencils, mugs, and aprons
139 Chestnut Hill Rd
Newark, DE 19713
1-800-555-6115

Kansas Resources

Class Act

A curriculum for school teachers grades K-5 who would like to use physical activity to teach communication skills, math, science, social studies, and more! For additional information contact Paula Marmet, Director of Kansas Bureau of Health Promotion, 109 S.W. 9th St, Suite 605, Topeka, Kansas 66612, (785) 296-5589, or visit Kansas State Department of Health and Environment Home Page <http://www.kdhe.state.ks.us/bhp/>.

KN-TRAIN (Kansas Nutrition Training Resource and Information Network)

A cooperative effort of Nutrition Services, Kansas State Department of Education and Office of Community Health, Kansas State University Research and Extension. Kansas educators and school food service professionals can borrow up-to-date nutrition education and school food service training resources at no charge other than return postage. For additional information contact Nutrition Services, Kansas State Department of Education, 120 SE 10th Avenue, Topeka, Kansas 66612-1182, (785) 296-2276 or visit Healthy School Meals Resource System <http://schoolmeals.nal.usda.gov:8001/> or Team Nutrition Home Page <http://www.usda.gov/fcs/team.htm>.

Physical Dimensions

Physical Dimensions is the Kansas High School Physical Activity and Health/Wellness Curriculum. Funded through a generous grant from the Kansas Health Foundation and successfully piloted in five Kansas High Schools, Physical Dimensions is a curriculum designed to provide young adults with the knowledge and skills to enjoy a physically healthy lifestyle. For more information contact Bobbie Harris, Project Director, Wichita State University, 1845 Fairmount, Wichita, Kansas 67260-0016, (316) 978-3343, e-mail pebobbie@aol.com.

Physical Focus

The Kansas Middle School Physical Activity and Health/Wellness Curriculum. Piloted in seven Kansas schools, Physical Focus is the middle school version of the highly successful Physical Dimensions high school curriculum funded by the Kansas Health Foundation. For more information contact Bobbie Harris, Project Director, Wichita State University, 1845 Fairmount, Wichita, Kansas 67260-0016, (316) 978-3343, e-mail pebobbie@aol.com.

Physical Education Curriculum Guide, the Kansas State Department of Education, June 1998. Written by Chandler, Judy; DiLislio, Michelle; Dryer, Dan; Ermler, Kathy; Friesen, Ross; Greene, Leon; Harris, Bobbie; Hines, DeeDee; Mehrhof, Joella; Stockard, Jerry. Kansas State Department of Education, 120 SE 10th Avenue, Topeka, Kansas 66612-1182, (785) 296-2276.

Walking Kansas

Walking Kansas has been an effective health promotion program for Pottawatomie County for more than four years. The program is a walking challenge that includes other activities that are beneficial to health and fitness. Activities may include traditional exercise like bike riding, aerobics, weight training, gardening, and housework. In Blaine, Kansas, Boy Scout Troup 97 cleared a trail around a public lake area as a community project. For more information, contact Gayle Doll, MS, Pottawatomie County Health Department, Box H, Westmoreland, KS 66549, (785) 457-3719.

Walking the Santa Fe Trail

Integrate physical activity with history by walking on the Santa Fe Trail. For more information contact Donna Fleischacker, 305 E. 20th, Hays, Kansas 67601.